

## Harvest Chili

### Ingredients

- 2 1/2 cups onion, chopped
- 1 1/2 cups sweet yellow pepper, chopped
- 2 Tbsp olive oil
- 3 cloves garlic, minced
- 3 cups chicken broth
- 2 (15 oz) black beans, rinsed, drained
- 2 1/2 cups cooked turkey, cubed
- 15 oz solid-pack pumpkin
- 14 1/2 oz tomatoes, diced, undrained (about 2 cups)
- 2 tsp parsley flakes, dried
- 2 tsp chili powder
- 1 1/2 tsp oregano, dried
- 1 1/2 tsp cumin
- 1/2 tsp salt



*Try this savory twist on an old-time classic. Make a large batch in your slow cooker and freeze the leftovers...what could be easier?*

### Directions

Heat olive oil in a large skillet over medium heat. Add onion and yellow pepper; sauté until tender. Add garlic; cook 1 minute longer.

Transfer vegetables to a 5 quart slow cooker. Add the remaining ingredients; stir together.

Cover and cook on low for 4-5 hours or until heated through. Serve.

**Yield** 10 servings

### Nutritional Information per serving

*Calories 192, Fat 5g, Carbohydrates 21g, Cholesterol 28mg, Sodium 658mg, Fiber 7g, Protein 16g.*

